Abstract of the Disclosure

A forming panel and method for using the same in construction of self-sustaining concrete wall structures is provided wherein a flexible barrier element is provided along a margin on the forming panel for impeding the flow of water and fine particles of a concrete mix pour past the barrier element. The margin may be along the perimeter edge of the forming panel or along an opening interior to the perimeter of the forming panel. When located near the perimeter, the flexible barrier element may be positioned in a slot extending parallel to the margin and located in the frame. When located near an interior opening, the barrier element may be provided on a reinforcing member positioned around the opening or on a door which shifts to improve access through the opening during placement of forming ties or the like. The forming panel may be coupled with adjacent forming members to provide a wall system, and two wall systems may be connected by forming ties to provide a channel for receipt of a concrete pour therebetween.